JANUARY
Theme: Hair removal: waxing, sugaring, and pre/post-care
Secondary: Body treatments
Assignments due 1/15/19
Game Changers: Masks
Aesthetic Essentials: Acne
Critical Collections: AHAs and BHAs
Press due 1/1/19

FEBRUARY
Theme: Hormonal acne
Secondary: Medical spa and regulations
Assignments due 1/15/19
Game Changers: Masks
Aesthetic Essentials: Acne
Critical Collections: Aloe vera
Press due 1/1/19

MARCH
Theme: Massage therapies
Secondary: Understanding ingredients
Assignments due 1/15/19
Game Changers: Hair removal
Aesthetic Essentials: Massage
Critical Collections: Zinc oxide
Press due 1/1/19

APRIL
Theme: Hyperpigmentation
Secondary: Equipment and tools
Assignments due 1/15/19
Game Changers: Sun care
Aesthetic Essentials: Hyperpigmentation
Critical Collections: Vitamin C
Press due 1/1/19

MAY
Theme: Chemical exfoliation
Secondary: Weight loss and the spa
Assignments due 1/15/19
Game Changers: Masks
Aesthetic Essentials: Chemical exfoliants
Critical Collections: Citrus
Press due 3/1/19

JUNE
Theme: Mature skin
Secondary: Skin conditions
Assignments due 1/15/19
Game Changers: Serums
Aesthetic Essentials: Anti-aging
Critical Collections: Aloe vera
Press due 4/1/19

JULY
Theme: Hair removal how-tos
Secondary: Client care communications
Assignments due 1/15/19
Game Changers: Physical exfoliants
Aesthetic Essentials: Hair removal
Critical Collections: Chemical exfoliants
Press due 5/1/19

AUGUST
Theme: Wellness: Alternative medicines
Secondary: Sensitised skin
Assignments due 1/15/19
Game Changers: Body care
Aesthetic Essentials: Sensitive skin
Critical Collections: Green tea
Press due 6/1/19

SEPTEMBER
Theme: Expert exfoliation
Secondary: Recognizing Excellence
Assignments due 1/15/19
Game Changers: Make-up
Aesthetic Essentials: Exfoliation
Critical Collections: Vitamin B3
Press due 7/1/19

OCTOBER
Theme: Holistic hyperpigmentation
Secondary: Optimizing spa design
Assignments due 1/15/19
Game Changers: Equipment
Aesthetic Essentials: Hyperpigmentation
Critical Collections: Retinol
Press due 8/1/19

NOVEMBER
Theme: Healthy aging
Secondary: How to Choose Guide
Assignments due 1/15/19
Game Changers: Hard and soft waxes
Aesthetic Essentials: Anti-aging
Critical Collections: Jojoba oil
Press due 9/1/19

DECEMBER
Theme: Treating acne
Secondary: Maximizing social media
Assignments due 1/15/19
Game Changers: Peels and enzymes
Aesthetic Essentials: Acne
Critical Collections: Peptides
Press due 10/1/19

FINE LINES & WRINKLES
Preventative measures
Consultations and planning clients for realistic results
Imaging systems and tracking skin progress
Treatment for fine lines vs. expression lines and wrinkles vs. folds
Assignments due 1/15/18

MEDICAL HAIR REMOVAL
Legal side of laser IPL electrolysis
Hairing hair removal
Checklist for choosing a device
Assignments due 12/15/18

SUN SAFETY
Chemical and physical sunscreen comparison
Spa treatments for sun damage
How SPF works, product choice, how to recommend
Cancer diagnosis, treatment, prevention
Assignments due 2/15/19

ALTERNATIVE ACNE TREATMENTS
Myths or other conditions that are confused with acne
Lesser known treatment options
A holistic approach
Don’ts and don’ts
Assignments due 4/15/19

FACIAL & BODY MASSAGE
Types of massage, purpose, benefit
Types of massage add-ons
Using facial masks
Where to hire an LMT to your spa
Assignments due 6/15/19

DIET & NUTRITION
Hydration and how water heals the body
Essential minerals and water in foods
Supplements
Assignments due 8/15/19

MECHANICALS PHYSICAL EXFOLIATION
Dry brushing
Scrubs
Microdermabrasion
Homecare options
Assignments due 11/15/18

FITZPATRICKS 4-6
Sun care misconceptions, damage prevention, and cancer facts
Acne and scars
Laser hair removal
Hyperpigmentation
Best treatments and what to avoid
Assignments due 11/15/19

LESSER KNOWN PIGMENTATION ISSUES
Hypopigmentation
Melanoma awareness
Hyperpigmentation in darker skin types
Understanding moles, cancer diagnosis, removal, referrals
Assignments due 3/15/19

CATERING TO CLIENT DIVERSITY
Teen, prego, male
Men: Creating a menu that caters to a variety of skin types, personalities, and client types
Interacting with different age groups
Reading client cues
Assignments due 5/15/19

MAKEUP MUSTS
Trends and how to adapt to various skin shades and ages
Lips and brow contouring
How to help clients find their ideal makeup style
Choosing a line to complement skin care lines
Assignments due 7/15/19

ENERGY THERAPIES
Chakra balancing (energy therapy)
Touch therapy (Reiki)
Sound therapy (Tibetan singing bowls, crystal bowls, tuning forks)
Meditation
ASMR in the spa
Assignments due 9/15/19

* All topics and deadlines are subject to change.

* Aesthetic Essentials is available to current subscribers only

* Critical Collections is meant only for professionals